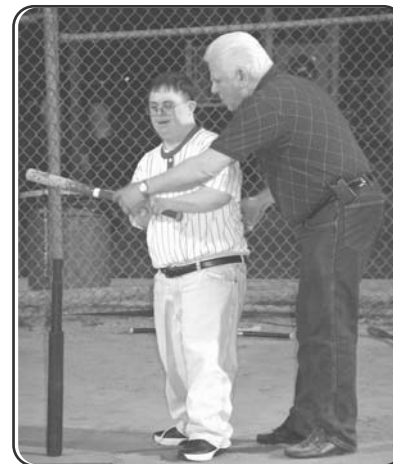




The Challenged Sports Exchange (CSE) offers year round recreational programs and athletic activities for individuals with mental and/or physical challenges. Age limitations

and registration fees may vary with programs offered. At least one parent, guardian or provider must be on the premises at all times during any CSE activity or event unless that parent or provider has made prior arrangements with another adult or the CSE Program Coordinator to take responsibility for that participant. The Lynchburg Parks and Recreation Departments' CSE program is a cooperative program with the CSE Advisory Committee and The Arc of Central Virginia.



To receive the quarterly newsletter or registration forms, please contact Barb Franz, CSE Program Coordinator, at (434) 455-5880 or (434) 258-8343. Information and forms may also be picked up at the Miller Center, 301 Grove Street.

CSE Monday Morning Movies



Start your week off right and join the Monday Morning Crew once a month for the latest and best movies. We even have popcorn and soda available at such a minimal charge you'll think you've found the best kept secret in Lynchburg!

Free

Miller Center Auditorium

| <u>Day</u> | <u>Date</u> | <u>Time</u> |
|------------|------------------------|-------------|
| M | 1/29, 2/26, 3/26, 4/30 | 10:00 am |

CSE Bowling

Ages 5 & Up

It's cold outside so join the CSE for an evening of knocking down the pins. Only 12 lanes are available and fill up quickly, so register early!

CR & NR \$28.00

AMF Lynchburg Lanes

| <u>Day</u> | <u>Date</u> | <u>Time</u> |
|------------|-------------|-------------|
| TH | 3/8-3/29 | 6:00 pm |

CSE Tee Ball Jr. League

Ages 5 to 18

It's time to play spring ball with the CSE Jr. League T-ball team. No scores are kept and the name of the game is just plain fun. Open registration.

CR & NR \$25.00

Peaks View Park Field #1

| <u>Activity #</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> |
|-------------------|------------|-------------|--------------|
| 33002.301 | TU & TH | 4/3-5/24 | 6:00-7:00 pm |

CSE Tee/Softball Sr. League

Ages 19 & Up

The CSE adult softball league offers athletes the opportunity to participate on a real team and be a winner each time they come up to bat. Athletes enjoy this non-competitive league where they make new friends that last a lifetime.

CR & NR \$25.00

Peaks View Park Field #1

| <u>Activity #</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> |
|-------------------|------------|-------------|--------------|
| 33002.302 | TU TH | 4/3-5/24 | 7:00-8:00 pm |
| | W | 4/3-5/24 | 6:00-8:00 pm |

(Senior teams play two out of the three days on a rotation schedule.)

CSE Water Aerobics

Start working off those holiday pounds you put on with the CSE Water Aerobics class at Randolph College. So much fun you won't even know you are exercising. Register by 2/16.

CR & NR \$20.00

Randolph College Pool

| <u>Activity #</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> |
|-------------------|------------|-------------|--------------|
| 33007.101 | TU | 3/6-3/27 | 6:00-7:00 pm |

CSE Volleyball

Ages 10 & Up

Thinking about warmer weather? Join us with our favorite summer beach ball and a lively game of volleyball. Register by 1/31.

CR & NR \$20.00

Sandusky Middle School Gym

| <u>Activity #</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> |
|-------------------|------------|-------------|--------------|
| 33003.102 | TU | 2/6-2/27 | 6:00-7:00 pm |